

PROPER FOOTBALL HELMET FITTING INSTRUCTIONS

Check before fitting:

- **Visually inspect the helmet**, inside and out, for any deformities, cracks, worn parts, etc.
- Helmet and facemask must be stamped or marked as being **NOCSAE approved**.
- Helmet must have a **visible, legible exterior warning label** regarding the possible risk of injury.
- **Follow manufacturers' recommendations regarding the inflation of air pads or bladders.**
- Read the **warning label on the outside of the helmet** and the **tag placed inside the helmet.**
**** EACH PLAYER SHOULD SIGN THE WARNING TAG TO INDICATE HE/SHE HAS READ THE INFORMATION.**

Fitting the Helmet:

- **Player's hair should be the length it will be worn during the season and should be wet** to mimic sweating.
- Ask the player's cap size, and/or **measure the circumference of the player's head** approximately 1 inch above the eyebrows. **Use the sizing chart** from the manufacturer to determine approximate helmet size.
- **Helmet should fit snugly to all parts of the player's head.** There should be no gaps between the helmet and the head.
- **To accommodate for a player's head size or shape**, adjust the amount of air in the helmet liners or change padding inside the helmet.
- **Back of the helmet should cover the base of the skull**, but not extend down far enough to dig into the neck when the head is tilted back (chin to the sky).
- **Approximately two finger widths of space (approximately 1 inch) from the front edge of the helmet to the top of the eyebrows.**
- **Helmet ear openings should line up with the player's ear openings.**
- **Approximately three finger widths of space (approximately 2 inches) between the player's nose and the NOCSAE approved facemask.**
- **Jaw pads should fit snugly against the player's face.**
- **Chinstrap should be centered on the chin** when all 4 straps are fastened and the slack taken out. **Adjust the back, or lower, straps first. Be sure chinstraps are fastened in such a way that they will not "pop off" on impact.**
- When pushing down on the helmet, **pressure should be felt on the top of the head, not the eyebrow area.**
- With the chinstrap fastened, **have the player "bull" his/her neck.** Slowly pull up and down on the facemask, twist the helmet from side to side, and push down on the top of the helmet. **A properly fitted helmet will allow very little movement in any direction.**